

Section A

How to Use This Sourcebook

Welcome to the *Begin a New Life Sourcebook*. The *Sourcebook* is a collection of reference material you'll use in the *BNL* process. Here's how it works:

Begin by going to the *Program* page of the *Begin a New Life* website.¹ Scroll down and click on the *Full Version* of the worksheets. Print it out and go through it in writing, or else go through it electronically on your computer or other electronic device. You'll be guided through the process by footnotes, brief paragraphs of information, and leading questions that appear on the worksheets. When you come to a paragraph of information plus a leading question, do the spiritual work they ask for. **Along the way, you'll be directed to the *Sourcebook* for further, important information.** Read the information when it's recommended, then transfer pieces of it, as directed, into the worksheets. The information you glean from the *Sourcebook* will help you in the *BNL* process.

The *Sourcebook* has eight sections (Sections A through H). The main ones you'll use in the *BNL* process are sections D and F. Each time you go through the *BNL* worksheets, you'll use the material from *one* of the ten tabs in Section D and *one* of the ten tabs in Section F. You will be directed to these sections when appropriate during the process.

Good wishes using this *Sourcebook* and working the *BNL* process!

¹ www.BeginaNewLife.info